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# Developing Learning and Studying Strategies for Academic Success

Presented by Ming

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# Purpose of this Workshop

Provide some learning and studying strategies that may help build upon and further develop upon your current approach in retaining information.

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**What can you do before class?**

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# Exposure to New Material

Reading new material before class begins.

Thinking of some questions while reading.

- Interacting with the material.

It may come as easier to absorb and understand material delivered in lecture with prior exposure.

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**What can you do during class?**

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# Lecture as Clarification

Lectures are a great source for clarifying and elaborating material.

- If there was no prior exposure, you may focus solely on writing.
  - Difficult to focus on writing and understand the material at the same time.
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# Asking Questions

Engaging with the material helps with remembering them compared to just trying to take it in.

It may take longer trying to find an answer by yourself than having your questions answered.

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# Note-taking

## Typing your notes VS Writing your notes

- Writing your notes may be more beneficial for exam performance and deeper processing of materials compared to typing (Kodaira, 2018).
  - However, some research has indicated that difference in performance from writing versus typing may not be significant (Morehead, Dunlosky, & Rawson, 2019; Kutta, 2018).
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**What could you do after class?**

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# Reviewing Notes and Readings

Go through your notes and readings again.

SQ3R Technique (Carlston, 2011)

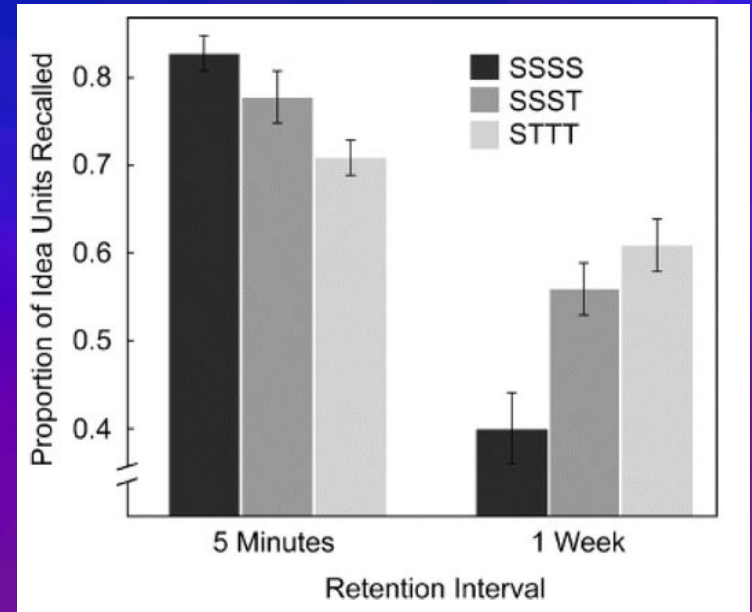
- Survey, Question, Read, Recite, and Review
- Effective way to take in and retain information
- Improve test performance

Elaboration VS Shallow (ex. Just rereading)

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# Spaced VS Massed Practice

- Long-term retention VS Performance
- Spaced (distributed) practice
  - Having study sessions spread throughout time
    - EX. Studying/practicing for a few hours every few days
  - Good for long-term retention
- Massed practice (aka cramming)
  - People typically prefer cramming
  - It may help with performance but it would not be good for long-term retention



Results from study done by Roediger & Karpicke (2006).

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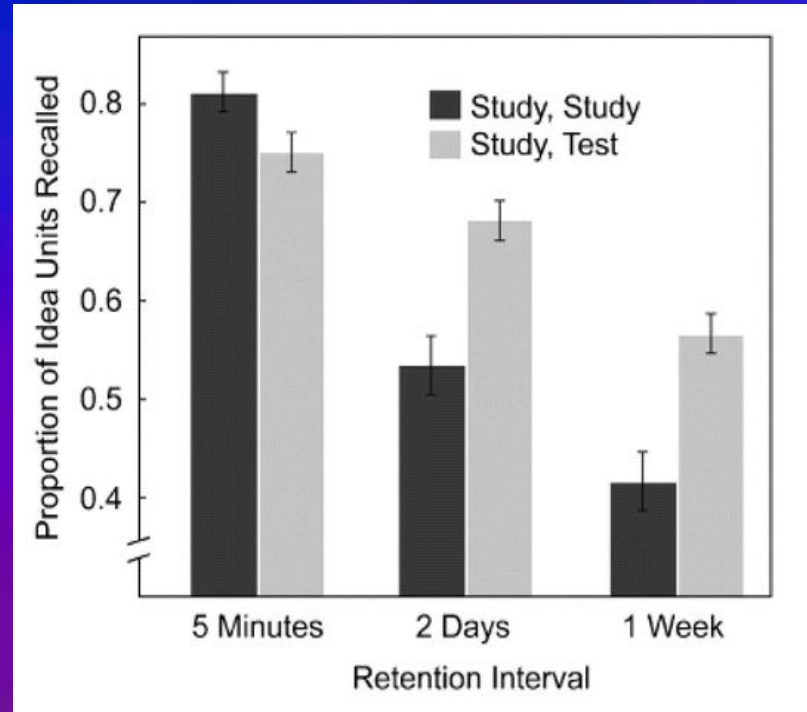
# Practice Tests/Problems

Doing practice problems

- Make your own!

Testing Effect

- You learn and improve retention of information from taking tests.



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# Office Hours

Take advantage of office hours for clarification of material.

Again, asking question and interacting with the material is invaluable for memory retention of material.

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# Other Tips

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# Time Management

It is not all about spending countless hours studying!

Organizing and being efficient with your time could make the most of how you study, perform, and learn.

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# Sleep

Sleep is an essential element for consolidating memory.

- After taking in information, it is stored in our short-term memory.
- Consolidation: short-term → long-term



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# Motivation and Discipline

Take note of where and when you are the most effective in studying.

- EX. Home VS Library
- EX. Day VS Night



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**Questions?**

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